

**What do
Margaret Atwood
and Stan Lee have
in common?** metroLIFE

**How much is
this damaged
80-year-old
tree worth?** metroNEWS



Edmonton metro



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THURSDAY, SEPTEMBER 1, 2016

High 22°C/Low 11°C Sunny



KEVIN TUONG/FOR METRO



'WE WANT THE WORLD TO GROW'

Olympian pushes for more female participation in sport — and pushes back against troubling comments from the Wildrose leader

metroNEWS

Edmonton now 900,000 strong

CENSUS

**New data shows
city has grown
by 21,000 from
2014-2016**



**Ryan
Tumilty**
Metro | Edmonton

While growth is slower than in previous years, thousands of people are still moving to Edmonton — almost 900,000 people now call the city home.

Census data released Wednesday pegged the city's population at 899,447, which means the city added 21,000 people between 2014 and 2016.

The growth rate is still considered strong, but is lower than the 30,000 people per year Ed-

monton saw moving to the city between 2012 and 2014.

"The impact of the recent economic slowdown and higher unemployment in Alberta and Edmonton is evident in the stable population growth figures recorded over the past two years," said John Rose, the city's chief economist, in a release.

Mayor Don Iveson said while the figures are slower Edmonton is still growing at a rate above

the national average.

"Considering the economic narrative around Alberta, that is pretty encouraging and the numbers in the region remain strong as well," he said.

The city's data doesn't include any of the regional communities like St. Albert, Sherwood Park and Leduc. When those communities are factored in the region has well over a million people.

The census results also showed that communities in south Edmonton like Windermere and Chapelle are growing the fastest of any part of the city.

Iveson said the numbers show the city is still a major draw.

"I think it's a good sign that both international migration and migration from other parts of Alberta are very strong," he said.

Iveson also said that given the rate of growth the city is

definitely over 900,000 since the census was conducted in the spring.

He added the city also likely didn't get everyone and encouraged people to do their census in future, because so many grant programs are dependent on population.

"Every time they do it there is almost \$300 per head in grants from mainly the province, but also the feds."



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Crisis not slowing down

FENTANYL

153 people died from an overdose in the first half of 2016



Samantha Power
For Metro | Edmonton

Despite efforts to address the fentanyl crisis, 153 people have fatally overdosed in the first six months of this year — an increase from the 139 Albertans lost to fentanyl overdose in the same period in 2015.

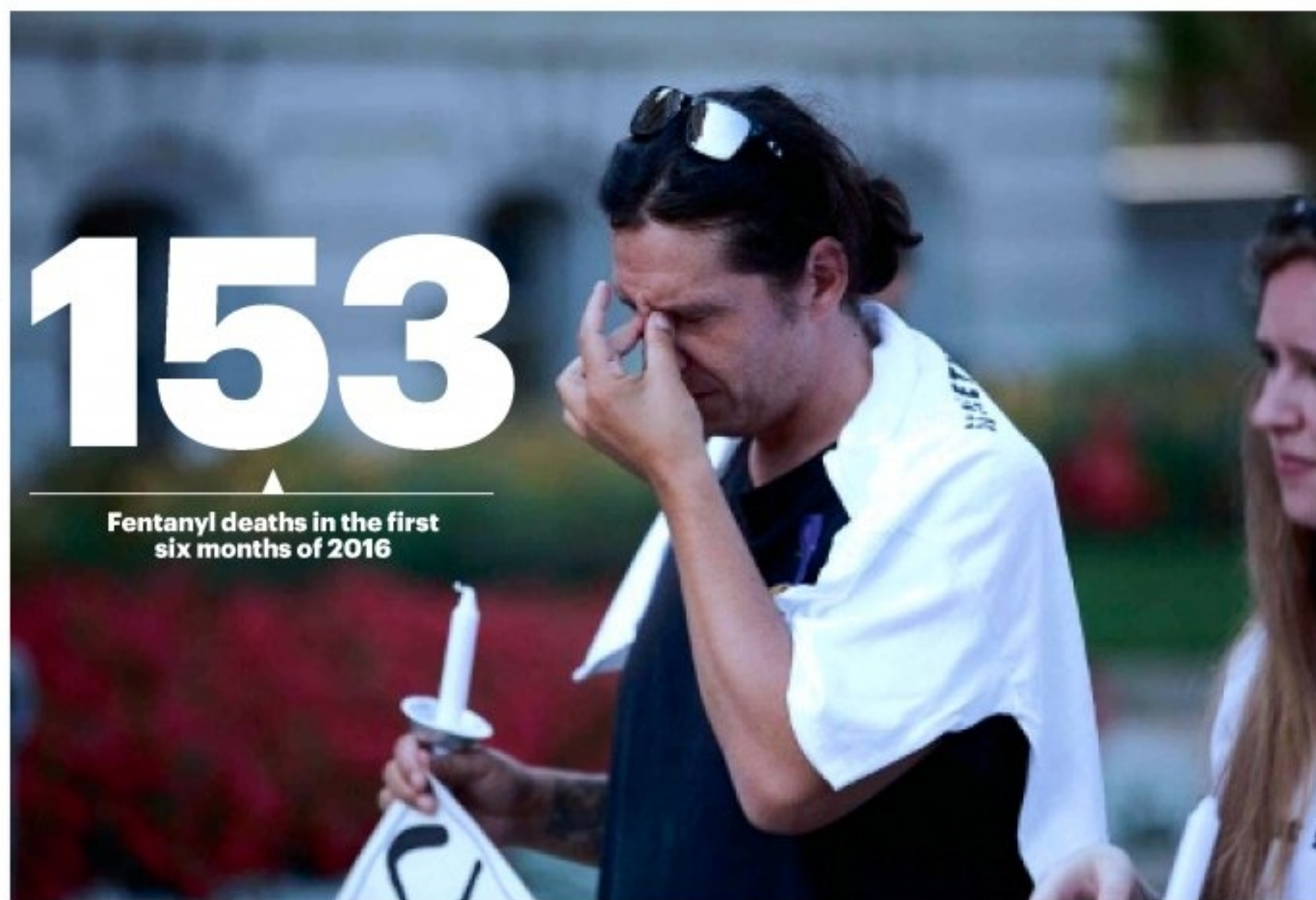
For harm reduction advocates, it's evidence a more comprehensive approach is needed to address drug use in the province.

"If we want to see these very preventable deaths decrease, we need to get serious about having a comprehensive plan that increases harm reduction," says Hakique Verani, a public health and addiction medicine specialist physician and assistant professor at the University of Alberta.

"This preoccupation with a single opioid molecule is problematic."

Verani says even if fentanyl supply is decreased, it will lead to other more toxic opioids flooding in.

He advocates a public health surveillance program that reports not just on fentanyl deaths but numbers on drug use of all kinds, geographic and demographic characterization of use and



153

Fentanyl deaths in the first six months of 2016

An attendee at a memorial for opioid overdose victims at the Alberta legislature on Wednesday. KEVIN TUONG/FOR METRO

routes of exposure.

The numbers come on the same day Health Canada announced measures to restrict the import of chemicals related to fentanyl production.

"Treating it as one drug or another, it's like whack a mole, we need a comprehensive approach," says Elaine Hyshka, an assistant professor in pub-

lic health at the University of Alberta. Hyshka has done extensive research and advocacy work on the rate and types of drug use in Edmonton and the need for supervised drug injection sites.

The province says it is sticking to its approach to ensure Albertans have access to naloxone kits as rapid response

to overdose.

"We firmly believe it's critical to make sure access is there for as many people who might need it," says Associate Minister of Health Brandy Payne. "We're continuing to work with our partners in harm reduction agencies to ensure that anyone who needs one has one."

Payne says over 300 naloxone kits have been reported to have been used in overdose reversals across the province.

The new numbers were announced at the eighth annual Overdose Awareness Event in Edmonton where over 200 people gathered on the steps of the Legislature to remember those lost to overdose.

RESEARCH

Flywheel could save LRT energy



Alex Boyd
Metro | Edmonton

Future power savings for the LRT could lie in the revival of an old technology, according to a couple of mechanical engineers at the University of Alberta.

Professors Marc Secanell and Pierre Mertiny published a paper that argues using flywheel technology could eventually mean 31 per cent in energy savings and cost savings of 11 per cent. While the technology isn't quite there yet, they say that flywheels — which were used to power a type of electric bus as far back as the 1940s — are approaching the point where they could be used for things like public transit.

A flywheel is a disk that stores energy by spinning. Secanell uses the example of a bike tire.

"A lot of people will spin their bike wheel when they're fixing it, and then when they stop it just use their hand, and it feels hot," he said, which shows there is energy stored in the wheel.

Secanell said in the past the two biggest barriers to using flywheels have been storing the energy effectively and safety, but new materials have made it increasingly accessible. Flywheels are currently used in 'high-end' applications, like the International Space Station or race cars, but the study's authors argue that you could also use a flywheel to store energy generated by trains.

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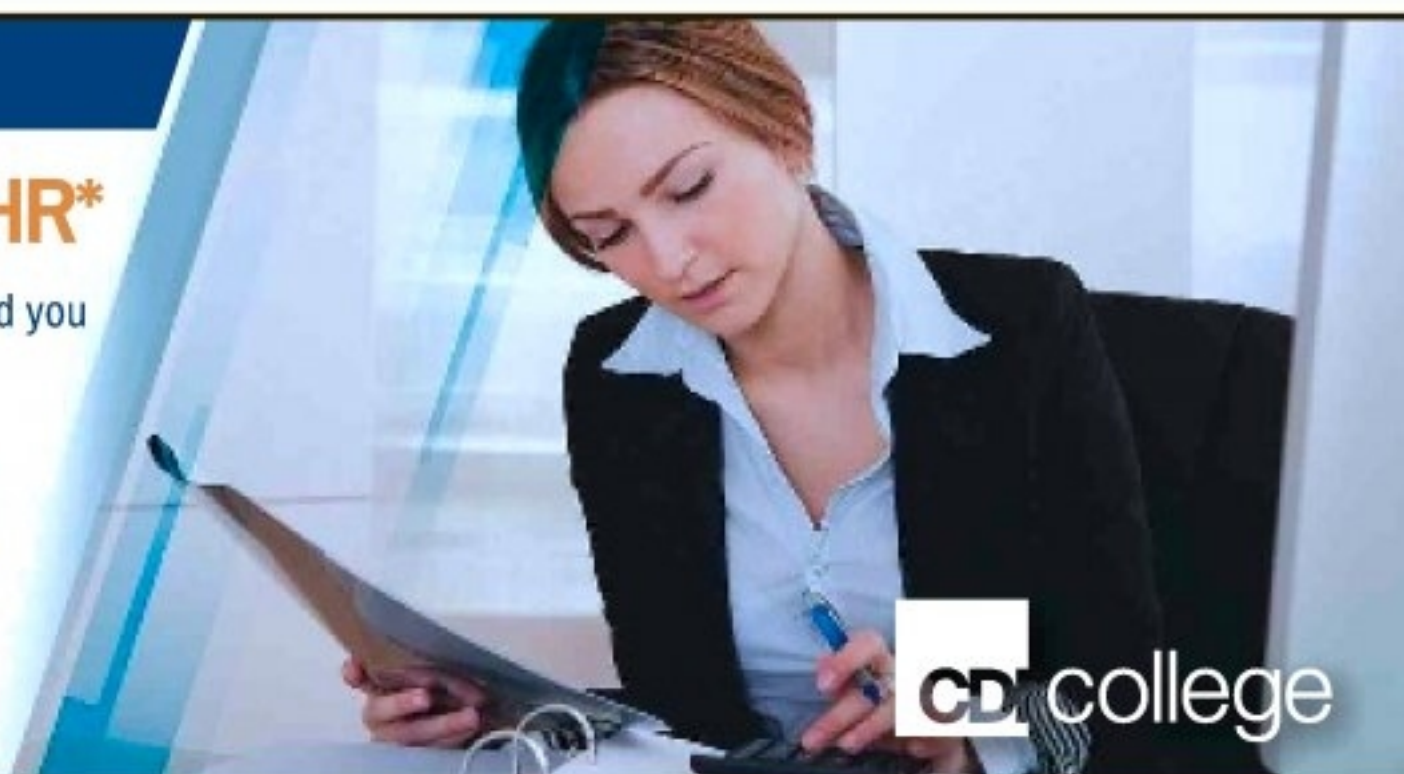
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RACE WEEK IN EDMONTON

From September 1 – 5, 2016, Edmonton will play host to some of the world's most elite athletes as they take centre stage for Race Week. Race Week features not one, but two fantastic international sporting events – ITU World Triathlon Edmonton (September 3, 4 & 5) and the Tour of Alberta Presented by ATB Financial (September 4 & 5).

VELOTHON EDMONTON – NEW!

Join cyclists from around the globe for a true "feel like a pro" experience and the ultimate mass-participation public ride at Canada's first-ever Velothon! Velothon Edmonton will take place on Monday, September 5, 2016 on the final day of the Tour of Alberta, making it one of the biggest cycling events in the Americas and a memorable week of cycling in Alberta. For more information or to register visit TourofAlberta.ca/VelothonEdmonton.

MAJOR ROAD CLOSURES

A number of road closures will be in effect from Friday, September 2 to Monday, September 5 to ensure the safety of competitors, volunteers and spectators. Major travel delays can be expected. Motorists are urged to plan ahead. Use Whitemud Dr., Anthony Henday Dr., Low Level Bridge, 97 Ave. and 107 St. as alternate routes. For road closure details visit edmonton.ca/RaceWeek.

FREE ETS SHUTTLE SERVICE

Looking to take in the Race Week action? Free shuttle service is available on Friday, September 2 from 2 p.m. to 9 p.m. with pick up at Windsor Car Park and drop-off outside the Hawrelak Park entrance. Free shuttle service will be available to and from Hawrelak Park on Saturday, September 3 and Sunday, September 4.

Buses will run on a 10 minute service frequency from Windsor Car Park (116 St. and 92 Ave.) to Hawrelak Park starting at 5:30 a.m. The last departure from Hawrelak Park back to Windsor Car Park will be 7:30 p.m. on Saturday and at 8:30 p.m. on Sunday.

*NOTE: On Sunday, September 4 from 12 p.m. to 1 p.m., and 2 p.m. to 3 p.m., shuttles will drop off passengers at the traffic circle at the corner of Grant Rd. and 87 Ave.

ETS BUS DETOURS

Some ETS bus detours will take place during the event and some bus stops will be temporarily relocated. Regular service is subject to fares. Visit takeETS.com/news for details.

BUSES REPLACE LRT NORTH OF COLISEUM

LRT service north of Coliseum station will be suspended from September 3 – 5 for planned track work. Capital Line trains will still pull into Coliseum station. Shuttle buses marked "LRT Replacement" will provide service between Clareview, Belvedere, Coliseum LRT stations approximately every 7 – 8 minutes. Visit takeETS.com/news for details.

VICTORIA GOLF COURSE ACCESS

If you are visiting the Victoria Golf Course & Dehling Range over the Labour Day weekend, please be aware of access limitations. On Sunday, September 4, access will be available by shuttle only. Free shuttles will leave from the Edmonton Ballpark west parking lot (96 Ave., between 104 Ave. and Rossdale Rd.) every 30 minutes from 6:30 a.m. – 8:30 p.m. and 8 – 10:30 p.m., and every 20 minutes from 4 – 8 p.m.

On Monday, September 5, River Valley Rd. will be closed to vehicles from 5 a.m. – 7 p.m., however, traffic to and from the golf course will be permitted through a single access point that varies throughout the day. Please leave extra time to arrive at the golf course during these times, as traffic may be temporarily stopped to allow cyclists through. For further access details, visit edmonton.ca/RaceWeek.

PARKING

Parking is not available at Hawrelak Park. Spectator parking is available at the University of Alberta's Windsor, Stadium and Education Car Parks. Parking is not permitted on the course. A number of meters will be loaded. Please obey all signs, as illegally parked vehicles will be tagged and towed.

BICYCLES

Why not ride your bike to Hawrelak Park? Public bike racks will be set up in the park. Spectators can stay in the park to watch the action, or venture out on the bicycle and running course to get a closer look at their favourite triathletes.

TAXIS & PRIVATE SHUTTLES

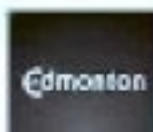
Due to the event road closures, all taxis and private shuttles will drop off and pick up from the Northern Alberta Jubilee north ground parking lot near 87 Ave. and 115 St. All guests may transfer to the Health Sciences LRT Station Circuit, to access the free shuttle service to Hawrelak Park.

PARK ACCESS

Due to road closures, there will be limited or no vehicle access to Hawrelak Park, Emily Murphy Park (including the boat launch), Government House Park and Victoria Park from September 3 – 5. Access will be restricted the night prior to prevent early morning parking. Visit further park access information visit edmonton.ca/RaceWeek.

For more information about the 2016 ITU World Triathlon Edmonton, visit edmonton.triathlon.org.

For more information about the 2016 Tour of Alberta, visit TourofAlberta.ca.



The city has decided that, after suffering root damage during a walkway installation, the towering ash will have to come down. KEVIN TUONG/FOR METRO

Towering tree has date with chainsaw

CONSTRUCTION

Developer to pay \$21,000 for 80-year-old damaged ash



Ryan Tumilty
Metro | Edmonton

When the towering green ash was first planted in Oliver, the Second World War was only a looming menace in the future.

Its roots were firmly established when Neil Armstrong took his famous first steps on the moon and it has watched generations of families stroll under its mighty branches.

On Thursday, it will be cut down and carted away.

The tree, which has stood on 111th Street near 98th Avenue for at least 80 years, will

be taken down because it was damaged during construction of the new Hendrix apartment complex.

The developer will be charged \$21,000 for damaging it, but a tree that large can't actually be replaced. The charge comes as part of an agreement the developer had with the city about not damaging the trees.

The city's senior urban forester Bonnie Fermanuik said the developer worked to protect the tree during construction, but while installing a walkway recently machines got too close.

"They had excavated within the two metres of the protection zone they were supposed to keep unexcavated," she said.

She said at this point the damage is done to the roots and the tree has to come down for safety reasons. She said a tree of that size would be difficult to even get down the street.

"You can't replace that tree with another tree like that. That is not feasible," she said.

She said the \$21,000 will help deal with the loss adding a host of new trees to the community.

"With the fund collected from the removal of that tree we will be able to plant an additional 15 trees throughout the Oliver area and hopefully as close to 111 Street as possible," she said.

Coun. Scott McKeen said he's disappointed the tree will be coming down.

"You can't replace an 80- to 100-year-old tree. I was frustrated to hear that," he said. "It offers a lot to the community and I know the community was really sensitive about those trees."

He said the \$21,000 is a small price to pay for the developer and he hopes others will be more careful.

OLYMPICS

Kish pushes sport message



Samantha Power
For Metro | Edmonton

Olympian Jen Kish was in the place her career began Wednesday to encourage women to get into sport.

"I can't think of a better way to spend my life than to inspire a younger generation of girls to join sport," said Kish.

Kish is captain of the Canadian women's rugby sevens team, which won bronze in Rio.



Olympian Jen Kish at the Alberta Legislature Wednesday. KEVIN TUONG/FOR METRO

Kish started in football as a high-school student in Edmonton, on a primarily male team.

Status of Women Minister Stephanie McLean says Kish's contribution has gone beyond the rugby pitch.

"Her message of empowerment in breaking down barriers for women in a male-dominated sport has been an inspiration," said McLean. "We want to encourage sport and play and not be limited by gender stereotypes."

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OPPOSITION

Olympic hero blasts Jean's assault 'joke'

One of Canada's Olympic medallists is calling out Alberta's Opposition leader for a comment about physically assaulting Premier Rachel Notley.

"It drives me nuts," Jen Kish, captain of Canada's women's sevens rugby team, said Wednesday.

"We want the world to grow in the right direction. We want to set a good example for the younger generation.

"Comments like that make us go backwards."

Kish was one of many critics denouncing the remark made by Wildrose Leader Brian Jean at a town hall meeting in Fort McMurray on Tuesday night.

Jean was responding to concerns and complaints about the level of seniors care and housing.

"Let's be honest. I've been beating this drum for 10, 11, 12 years now, so I will continue to beat it. I promise. But it is against the law to beat Rachel Notley, so ..." he said before be-



Brian Jean
THE CANADIAN PRESS

ing cut off by laughter and applause.

Moments later, Jean backtracked, saying the premier has been accommodating on the issue by switching the previous Tory policy of the government.

Jean was not available for comment Wednesday, but his party issued a three-line statement from him.

"Last night during my town hall I made an inappropriate attempt at humour that I promptly apologized for," said Jean.

"Jokes of this nature are never acceptable, and I hold myself to a higher standard. I have reached out to Premier Notley to sincerely apologize directly to her."

THE CANADIAN PRESS



City councillors proposed extending Northlands Park as a racing facility for another two years. CONTRIBUTED

Northlands still kicking

DEVELOPMENT

Track's finish line looks likely to be pushed back two years

Ryan Tumilty
Metro | Edmonton

The finish line for horse racing at Northlands Park may be pushed back two years.

After a marathon public hearing Wednesday, city councillors proposed a motion that would encourage Northlands to keep operating the racetrack until a new track can be built in the region.

That motion will be voted on next Tuesday and also includes a proposal to defer Northlands debt payments to the city and look at a re-development of the track after two years.

It also proposes to do design work on converting Rexall Place to a six-sheet ice arena and to look at combining the tourism and convention centre business currently split between EEDC's Shaw Conference Centre and Northland's Expo Centre.

Under Northlands original proposal for their site, submitted earlier this year, the racetrack would have closed this season and been replaced by an outdoor festival site.

Coun. Tony Caterina who represents the area said the motion

allows the city time to look at the best options.

"We heard today from so many communities today that worried about what the effect would be if the site were to go dormant," he said. "We're looking for a way for Northlands to be successful, for EEDC to be successful and for the whole of Edmonton to be successful."

The city heard from Rick LeLacheur, with Horse Racing Alberta, who told them they have interest from companies looking to build a new track in the region, but it won't be ready for two years.

Northlands CEO Tim Reid said they could continue with racing for another two years, but beyond that it would become there are some big bills to keep the site running.

"In the long run, when we have to do a significant deferred

maintenance piece it would ultimately be better value for money to build on a new site," he said.

Council heard from 43 different speakers on Wednesday from

community leagues to business groups and unions.

Several residents expressed strong concern about Northlands outdoor concert proposal.

Doris Ryan, who lives nearby, told councillors said the Sonic Boom festival in Borden Park is already deafening.

"It was impossible for me to enjoy the outdoors in my yard for two days in a row," she said. "The walls of my home were actually vibrating."

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Trevor Sauer

We've all heard the cancer stories, read the stats, and most likely have experienced the impact of cancer up close and personal or with someone we love. In fact, if there's one thing Albertans can agree on, it's that no one wants to hear the words, "you have cancer." Mary Beth Eckersley has heard it twice. More than 30 years after surviving a cervical cancer diagnosis, she was diagnosed with an aggressive type of breast cancer. "If I had this cancer back when I was diagnosed with cervical cancer, I wouldn't be here celebrating life," says Mary Beth. "I am so grateful to the Alberta Cancer Foundation and the Tom Baker Cancer Centre for every moment I have to continue being a proud advocate for cancer research here in Alberta."

Trevor was treated at Edmonton's Cross Cancer Institute.



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14903 118th Ave. NW

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Leduc

5311 Discovery Way
5906 50th St.

Sherwood Park

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975 Broadmoor Blvd.
2020 Sherwood Dr.

Spruce Grove

Westland Market Mall
96 Campsite Rd.
141 Century Crossing

St. Albert

St. Albert Centre
20 Muir Dr.

Stony Plain

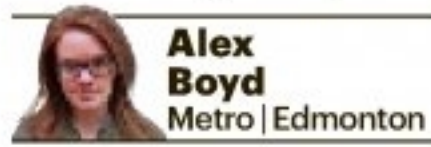
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Schools rethink classroom design

EDUCATION

Want spaces to match kids' needs to learn in many ways



Alex Boyd
Metro | Edmonton

At story time at the new Roberta MacAdams School in south Edmonton students will be able to pull up a brand new chair.

Or beanbag, standing desk or mushroom chair.

The three new schools opening their doors to students this week represent a step forward in design, with classrooms that go beyond desks in a row, says MacAdams principal Karen Keats Whelan.

"We have to be responsive to kids," she said, arguing that the new classrooms allow kids to work collaboratively, and cater to different styles of learning.

"I don't think it's necessarily new, but as these new schools are being built what a wonderful opportunity for us to really look at a progressive model of accommodating children."

In practice, that means there's barely a regular desk in sight. The kindergarten rooms have kneeling desks, pillows, bins full of rocks and sticks and a "potion station," where kids can mix different coloured liquids together, underneath a gauzy canopy.

Later grades add reading nooks, rocking chairs and movable tables that can be arranged in different configurations.

Keats Whelan adds that principals of new schools, which include Dr. Margaret-Anne Armour in Ambleside and Nellie Carlson in MacTaggart, were involved in design from the beginning. She said it wasn't more expensive, they just looked at different things.

"We were able to literally handpick everything and talk with consultants and get information about what works for kids."

"We were able to literally handpick everything."

Karen Keats Whelan,
school principal



The potion station in a kindergarten classroom.



Roberta MacAdams principal Karen Keats Whelan in a kindergarten room designed to let kids move around.



Seating options cater to different learning styles.



Alternative seating in a Grade 4 classroom.

ALL PHOTOS KEVIN TUONG/FOR METRO



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Education Minister David Eggen has a long road ahead in ensuring Bill 10 compliance. THE CANADIAN PRESS

CHALLENGE

No LGBTQ policy, no public funds: Petition



Alex Boyd
Metro | Edmonton

With public money comes public rules, says a petition launched Tuesday that argues schools that don't create LGBTQ policies should lose government funding.

Advocate Dave Beninger created the petition after Pastor Brian Coldwell, who heads the Independent Baptist Christian Edu-

cation Society that runs Meadow and Harvest Baptist Academies in Parkland County, told media his schools wouldn't create policies or allow gay straight alliances.

In its first day the petition gathered over 500 signatures.

"The petition was specifically started to make sure the ministry is aware of the overwhelming opposition to someone like Brian Coldwell receiving substantial tax dollars to provide unsafe spaces to students," Ben-

inger said.

Coldwell said previously there wasn't enough public consultation done about LGBTQ policies and requiring his schools to have them amounts to religious persecution. He declined an interview Wednesday but said he'll respond to the petition later in the week.

Beninger disagrees that this is about religion.

"If you want to accept public money into your institution, that comes with strings attached to

them," he said. "As a society, we have decided certain rules are going to be implemented in order to ensure that LGBTQ students are safe at the schools that we legally obligate them to show up to."

According to Alberta Education, the Independent Baptist Christian Education Society received almost \$2.5 million for the 2015/16 school year, almost \$2 million of which was for home schoolers they supervise.

Bill 10 battle just starting

HUMAN RIGHTS

Non-compliant schools may lead minister to develop law



Lucie Edwardson
Metro | Calgary

Alberta's Education minister might have a long legal road ahead of him in the enforcement of LGBTQ policies his ministry mandated Alberta school boards to create, according to a provincial advocate.

When pressed Tuesday for answers on dealing with non-compliant boards, neither Education minister David Eggen nor his press secretary could provide specifics.

This after two Edmonton schools refused to comply and two boards were given failing grades in a report from Public Interest Alberta.

"The minister has options if boards refuse to comply and we will be assessing those as we move forward," said press secretary Larissa Liepins.

"I can't say what those options are specifically at this point. We are still assessing."

Joel French, executive director for Public Interest Alberta, said he believes the minister

has two options in how to deal with in-compliant schools or boards.

In the short term, French said the minister could take legal action against dissenters in order to make them comply with the law.

"I can imagine that would be quite the task to make all of that happen any time soon at least," he said.

French said the cleaner solution, but also the one that will take more time, is for the minister to introduce legislation ensuring students have the supports and protections in their school — no matter where they go or what board governs them.

"That would make sure that on top of what the school boards have introduced for policies that all schools would have to follow that provincial law," he said.

French said the ministry's decision to work collaboratively with the school boards on this matter was rooted in good intention, but unfortunately not all schools or boards are complying.

"We're talking basic human rights that are guaranteed in provincial law, so to leave that flexible for school boards I think was a big risk at the beginning and now we're seeing the result of that and the minister is going to have to take action," he said.

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ITU WORLD TRIATHLON

A FESTIVAL OF SPORT AND CULTURE

Hundreds of volunteers are set, and Hawrelak Park and the river valley look fantastic — it's time for the ITU World Triathlon Edmonton to get underway. Some 1,000 athletes representing 30 countries have the city abuzz with excitement — it's sure to be an energy-filled long weekend, Sept. 2-4.

The anticipated events are all here — the marquee triathlon with amateur and elite participants in varying distance events, the team relay, a corporate sprint and relay, try-a-tri, duathlon and aquathlon, plus the Canadian Junior Series and Canadian Youth National Championships. There's even a 5 k Wild Goose Chase, and 1 k Silly Goose Fun Run.

More than ever before, the Edmonton triathlon is a festival of sport and culture, as much for spectators as participants, says ITU World Triathlon Edmonton president Sheila O'Kelly, pointing to the 160-country t.v. audience of millions that will be watching the race and the heart of Edmonton in showcase. "It's a superb venue — Hawrelak Park and the river valley are world class. We get to show off Edmonton to the world."

"We really want spectators to come down for the entire weekend — families, race enthusiasts — everyone. There's a sport expo,



CONTRIBUTED

food vendors, kid zone, beer gardens and live entertainment too — much more than just races, though that's an exciting main attraction," she says.

With many athletes coming to the Edmonton triathlon from the recent Olympics in Rio, O'Kelly says there's a heightened interest and excitement to this year's event.

"Edmonton feels an ownership of the triathlon; proud of the world-class venue and the very best athletes in the world who come to participate."

"Triathlon continues growing, with more people taking it up each year. The corporate events, try-a-tri and different combinations (run/swim, swim/bike) are a wonderful way to grow the sport. It's the variety that is an appeal for many, whether watching or participating. And it's a wonderful family event, easy

to manage and enjoyable for kids all the way up to the grandparents."

And O'Kelly says for anyone interested in trying triathlon, the beginner options and logistics of the WTS Edmonton event are a perfect place to give it a go.

"This is one of the safest races in Alberta. We close the roads for participants so you never have to worry about vehicles getting too close. Come check it out. This is truly an event for everyone"

What are the standard triathlon distances?

A standard (Olympic) distance in triathlon is a 1,500 meter swim, 40k bike and 10k run, as is used in the summer Olympics. For sprint distance, it's a 750 meter swim, 20k bike and 5k run. This is usually about half an Olympic distance.

World class festival of sport

Edmonton has been hosting triathlon events for over 15 years, including the ITU World Triathlon Grand Final in 2014, which garnered International Event of the Year honours.

This year's WTS Edmonton adds more race events—a national sprint duathlon championship, aquathlon (swim/run) and aqua bike (swim/bike)—where everyday athletes compete on the same course as the best triathletes in the world. The closed course and welcoming event makes the ITU World Triathlon Edmonton special for all, whether it's a first triathlon or world championship-qualifying race.



CONTRIBUTED

Triathlon ambassador follows her passion

For those considering a change to their athletic pursuits, or looking for a challenge, Jen Panteluk is an example to follow.

The 35 year-old new mom, who took up triathlon over 10 years ago as a transition from running, sings the praises of the tri-pronged sport (swim/bike/run) to all who will listen (and that includes frequent posts to Facebook and Twitter).

So it's fitting that Panteluk is an ambassador of this year's ITU World Triathlon Edmonton.

"I started by wanting to do just one triathlon to say I'd done it. I'm competitive, and it was a personal challenge to push myself and start something new. I think a lot of people can relate to that," says Panteluk, who juggles training, races and

parenthood with a full-time job leading Edmonton's Junior Achievement program.

"I've definitely become a better athlete, as each sport uses different muscles. I have to get creative with how and when I train, but it's a priority so I make it all fit."

Racing the standard Olympic distance race at this year's triathlon (she's done the half Iron Man race in past too), Panteluk trains for three or four hours per week at each sport, including swims at the crack of dawn and runs during workday lunches and in the evening after the baby goes to sleep.

This experienced triathlete says Edmonton's event is a special one, challenging and hilly through the scenic park and river valley for the bike and run portions,

and with an exciting, inclusive mix of elite and amateur participants.

"Racing alongside elite athletes is inspiring — it pushes me. That's the beauty of triathlon — it's for all walks of life, no matter your background. The triathlon door is wide open. Once you have a wet suit, bike and runners, you're good to go," she says.

Panteluk calls Edmonton a growing triathlon city, with many clubs and training groups available to those seeking such support.

"I wish groups like Kids of Steel had been around when I was growing up. They offer accountability and companionship. I'm biased, but the passion for triathlon can definitely be contagious," she says.



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ITU WORLD TRIATHLON



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SETTING A PATH FOR SUCCESS

The amateur and elite athletes who participate in triathlon don't come out of nowhere — there's months and years of training involved to get to a level that allows par-

ticipating in swim, bike, run events at top levels. Edmonton has a scattering of clubs in all three disciplines, for varying ages and skill levels, but it's the Edmonton Triathlon Academy (ETA) that has united training under one umbrella since 2010, encouraging athlete development for the growing sport.

ETA head coach Kevin Clark oversees an academy of about 40 youth (ages 12-15) and junior (ages 16-19) athletes, plus young adults up to age 23 — all athletes who train year-round to learn new skills, increase speed and determine whether triathlon is a specialty they want to pursue.

"We want triathlon to be fun and sustainable for these kids, so we have a very flexible program. They can stay in other



CONTRIBUTED

sports and in their own clubs — some play soccer or speed skate — and sample triathlon. The idea is to encourage a mix — to develop an all-around strong athlete, and not have them specialize yet," Clark says, pointing to academy members from throughout the region—Edmonton, St. Albert, Drayton Valley and Edson.

"At the same time, if you love triathlon and that's all you want to do, then we have three assistant coaches who specialize and will work with you — it's a customized program for whatever each athlete needs and wants."

Clark says ongoing athlete recruitment and development is always a goal of the academy — to deepen the sport in the

city. "We're growing every year, and with the recent Olympics, there's an enhanced interest," says Clark. "We want kids to come watch or participate — The Kids of Steel is a huge program — and then check us out afterwards. It's about positive experiences — we reward effort, not results."

Academy athletes swim before school and do an after-school cycle or run session, (in the winter it's fat bikes outdoors when possible, and runs in the Butterdome), to foster improvement in a supportive environment, not to develop the next superstar, Clark says, pointing to events in the Junior National series like the mixed relay (250 metre swim, 5 k bike and 1.6 k run) that keeps the pressure off and fun in the forefront.



CONTRIBUTED

VOLUNTEERS MAKE TRIATHLON TICK

A key secret to the success of the ITU World Triathlon Edmonton is the volunteers, who keep the multitude of events at Hawrelak Park—and through the city centre and river valley — running smoothly all weekend long.

"Edmonton is a phenomenal volunteer city — it's one of our strengths," says this year's triathlon ambassador Jen Panteluk.

Over 450 volunteers are on tap for this year's triathlon (that's nearly half the number of athletes), training and organizing well ahead of the September long weekend, and for up to 12 to 14 hours on race days.

Ian and Linda Harris are such a pair of volunteer stalwarts, 'joined at the hip' according to 69 year-old Ian who, with 68 year-old Linda, are captains of the package stuffing/pick-up team at the triathlon. For three years, the St. Albert couple (who volunteer for many other community

events) has insured athletes get all they need to participate — including registration and race number, timing chips and swim caps.

"We got involved during the 2014 World Triathlon Championships Grand Final, when we read that more volunteers were needed. It was the excitement of being around athletes from all over the world that interested us then, but we've just kept going," says Ian, laughing that he keeps coming back for the free t-shirt.

"It's great being around that many healthy, like-minded people. We don't participate, but we both used to run and swim, so we've been active all our lives."

Linda points to meeting international athletes at City Hall during the 2014 event as a highlight of her triathlon experience, and Ian fondly remembers getting a special thank you from a member of the U.S. team after helping sort out a registra-

"IT'S GREAT BEING AROUND THAT MANY HEALTHY, LIKE-MINDED PEOPLE. WE DON'T PARTICIPATE, BUT WE BOTH USED TO RUN AND SWIM, SO WE'VE BEEN ACTIVE ALL OUR LIVES."

— Ian Harris, volunteer

tion issue. But both agree it's the weekend event itself that is always the standout.

"We soak in the atmosphere — the energy around the athletes and the camaraderie of the volunteers," he says.

So, will either hang up their volunteer hat anytime soon? "We're good for another few years for sure," Ian says. "But definitely no triathlon training. The knees are starting to give out."



THE SUPERHUMANS ARE COMING

Free Admission
September 2-4th
Hawrelak Park

EVENT SCHEDULE PROGRAMME DES ACTIVITIES

FRIDAY, SEPTEMBER 2 / VENDREDI, 2 SEPTEMBRE

15:30	Junior/Youth Mixed Relay
16:30	Age Group Aquathlon
18:30	5 km Wild Goose Chase / 1 km Silly Goose Fun Run

SATURDAY, SEPTEMBER 3 / SAMEDI, 3 SEPTEMBRE

07:15	Age Group Standard Duathlon
08:00	Age Group Standard Triathlon
09:00	Age Group Standard Triathlon Relay
09:15	Age Group Aquabike
12:00	Canadian Youth National Championships
13:00	Junior Women Canadian National Series
15:00	Junior Men Canadian National Series

SUNDAY, SEPTEMBER 4 / DIMANCHE, 4 SEPTEMBRE

07:15	Age Group Sprint Duathlon National Championships
08:00	Age Group Sprint Triathlon
08:00	Age Group Sprint Triathlon Relay
08:45	Corporate Sprint Triathlon
09:00	Corporate & Age Group Try-a-Tri Triathlon
12:06	Elite Women
14:06	Elite Men



Hawrelak Park is the best spot to watch the races. The entire race can be caught live on big screens from the grandstands and the beer gardens. Spectators can enjoy live entertainment throughout the park, as well as, the Sport and Lifestyle Expo, Food Trucks, and the Kids Zone. Here are some tips to make the best possible experience out of your race.

- 1 Swim Start** – a great place to watch the mass start.
- 2 Grandstands** – best spot to watch the entire race and it's free! Catch all the action on the TV screens and watch all the transitions, bike and run laps live in front of you. Let's not forget the incredible view of the finish line.
- 3 Beer Gardens** – Close to the swim start transition, with an amazing view of the finish, grab a beverage, grab a seat!
- 4 Transportation** – Hawrelak Park is closed to traffic on Sunday. Parking is available at Windsor Car Park at a weekend rate of \$5 a day. FREE shuttle service to Hawrelak Park from Windsor Car Park runs from 05:30-16:30. The shuttles run every 15 minutes.
- Cycling to the park is highly recommended. Please bring a lock.

Want to get involved?

Register for the 5KM Wild Goose Chase/1KM SILLY
GOOSE RUN – REGISTER ON SITE!
Check Edmonton.com.triathlon.org for more details

Athletes to Watch



Flora Duffy
Year of Birth: 1987
Place of Birth: Bermuda

Flora started competing in triathlon at the age of 7 and now competes full time representing Bermuda. With 5 to five finishes in 2016 including a win at WTS Stockholm, Flora is currently ranked 1st on the World Triathlon Series points standings and had a top 10 finish at the 2016 Rio Olympics.



Vicky Holland
Year of Birth: 1986
Place of Birth: Gloucester, UK

Vicky competed in swimming & running for a number of years before discovering triathlon at University in 2005. Now she is an Olympic bronze medalist outrunning her friend and teammate in the 2016 Rio Olympics. Vicky also won 2015 World Triathlon Edmonton in less than ideal conditions and will race to win again this weekend.



Jonny Brownlee
Year of Birth: 1990
Place of Birth: Leeds, UK

Jonathan and his brother Alistair have been a force to be reckoned with since coming on the triathlon scene in 2006. He is an Olympic silver (2016 Rio) and bronze (2012 London) medalist and is currently ranked third on the 2016 WTS Ranking.



Mario Mola
Year of Birth: 1990
Place of Birth: Palma de Mallorca Spain

Mario Mola has been in Edmonton since the Rio Olympics training getting ready for WTS Edmonton. With four first place World Triathlon Series wins in his last 5 starts, it's no surprise that Mario is the 2016 World Triathlon Series leader.



Paula Findlay
Year of Birth: 1989
Place of Birth: Edmonton, AB

Paula was the first female triathlete to win 5 consecutive ITU world cup events. Paula placed in the Top 10 at ITU World Cup Montreal last month. She has been fighting back from injury and always looks forward to competing on her home turf!



Richard Murray
Year of Birth: 1989
Place of Birth: South Africa

Richard Murray won the 2015 World Triathlon Edmonton event last September and has returned to defend his title. After a second place finish in the beginning on the season, Richard crashed his bike in the WTS Gold Coast event and broke his collarbone and smashed his hand. He fought his way back and placed fourth in the 2016 Rio Olympics posting the fastest run split in the field.



ITU
WORLD TRIATHLON
EDMONTON

Free Admission
September 2 to 4th
Hawrelak Park

14 Thursday, September 1, 2016

Canada **metro** NEWS

Free-trade talks hit snag

BEIJING

China has been urging Canada to begin with negotiations

Formal free-trade talks between Canada and China have yet to proceed because of snags over labour, the environment and concerns linked to Chinese state-owned enterprises, says Ottawa's envoy to Beijing.

Ambassador Guy Saint-Jacques highlighted those sticking points Wednesday after Chinese Premier Li Keqiang said Canada and China would soon launch a feasibility study on an eventual free trade deal.

Li spoke to reporters through a translator after meeting with Prime Minister Justin Trudeau. Asked about the remarks, Saint-Jacques denied that the two sides had agreed to begin formal negotiations.

But Saint-Jacques, who accompanied Trudeau at meetings Wednesday with Li and later with President Xi Jinping, did share some details of the



Chinese Premier Li Keqiang shakes hands with Prime Minister Justin Trudeau following a news conference in Beijing on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

prime minister's position on the matter.

"The prime minister said that the approach that Canada takes when it comes to a free trade agreement is that it must include a number of important items — he mentioned two political and two economic issues," Saint-Jacques said.

On the political side, he said it was important for Trudeau

that modern free trade deals include chapters on labour and on the environment.

Saint-Jacques said the prime minister also made it clear that any deal with China must "address the impact of state-owned enterprises" and procurement. "And as you know, those areas are problematic," he said.

"I would say that a lot more work needs to be done on those

areas. I would say the prime minister was quite clear on this."

Takeovers of Canadian firms by Chinese state-owned enterprises have proved highly controversial in the past. The concerns led the former Conservative government to restrict state-owned Chinese investment in Alberta's oil sands.

For its part, China has been

urging Canada to negotiate a free trade agreement.

While Trudeau has said he hopes to broaden trade with the growing superpower, he has been cautious about stating he would like pursue formal talks.

A senior Canadian official said Wednesday that some technical discussions related to free trade with China have been held and will continue, but the official stressed that there have been no negotiations.

Still, Trudeau said Wednesday that the two sides will take steps to improve trade and investment, boost tourism, expand cultural exchanges and address climate change.

The countries, he noted, also agreed to establish annual meetings between the Chinese premier and the Canadian prime minister on a range of issues, including national security and the rule of law.

"This year marks 45 years of diplomatic relations between Canada and China," Trudeau said as he stood beside Li overlooking Tiananmen Square.

THE CANADIAN PRESS

SEXUAL EXPLOITATION

Gaps put kids at risk

There are "serious gaps" — in resources, training and research — in efforts to protect young people from online sexual exploitation, warns a study prepared for the federal government.

It means "much more still needs to be done" to ensure the safety of vulnerable children, especially in regions that lack the people and programming to make a difference, says the examination of 60 public-sector and non-profit agencies across the country.

The study, completed in March for Public Safety Canada by an Ottawa consulting firm.

Public Safety commissioned the research to build on its work against online exploitation and "ensure that federal investments are targeted at the areas of greatest need," the study said.

It followed an internal department memo in February that warned of insufficient police resources to keep pace with the burgeoning threat to children from online sexual predators.

THE CANADIAN PRESS



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Trump, Peña Nieto talk wall

U.S. ELECTION

Mexico visit an attempt to paint candidate in a different light

On Mexican soil for the first time as the Republican presidential nominee, a firm but measured Donald Trump defended the right of the United States

to build a massive border wall along its southern flank, standing up for the centrepiece of his immigration plan in a country where he is widely despised.

But within hours of Trump's visit, a dispute arose over the most contentious part of the billionaire's plans to secure the U.S. southern border — his insistence that Mexico must pay to build that wall.

When answering questions from adjacent lecterns before

a Mexican flag after his meeting at the official residence of the country's president, Enrique Peña Nieto, Trump said Wednesday the two men didn't discuss who would pay for a cost of construction pegged in the billions.

Silent at that moment, Peña Nieto later tweeted, "At the start of the conversation with Donald Trump I made it clear that Mexico will not pay for the wall."

THE ASSOCIATED PRESS



Donald Trump delivers a joint press conference with President Enrique Peña Nieto in Mexico City on Wednesday. AFP/GETTY IMAGES

+ TRUMP'S SPEECH

Seeking to end confusion over his recently muddled language on immigration, Donald Trump vowed Wednesday night in his long-awaited immigration policy speech to remove millions of people living in the country illegally if he becomes president.

Trump warned that failure to do so would jeopardize the "well-being of the American people."

THE ASSOCIATED PRESS

SOUTH AMERICA

Brazilian president removed from office

Brazil's Senate on Wednesday voted to remove President Dilma Rousseff from office, the culmination of a fight that paralyzed the nation and exposed deep rifts among its people.

While Rousseff's ouster was widely expected, the decision was a key chapter in a colossal political struggle. Rousseff was Brazil's first female president, with a storied career that includes a stint as a Marxist guerrilla jailed and tortured in the 1970s during the country's dictatorship. She was accused of breaking fiscal laws in her management of the federal budget.

Opposition lawmakers, who made clear early on the only solution was getting her out of office, argued that the manoeuvres masked yawning deficits from high spending and ultimately exacerbated the recession in a nation that had enjoyed darling status among emerging



Dilma Rousseff ASSOCIATED PRESS

economies.

The opposition needed 54 of the 81 senators to vote in favour for her to be removed. They got many more, winning in a landslide of sorts, 61-20.

"Today is the day that 61 men, many of them charged and corrupt, threw 54 million Brazilian votes in the garbage," Rousseff tweeted minutes after the decision. THE ASSOCIATED PRESS

SCIENCE

Fossils may be oldest signs of life on Earth

Scientists have found what they think is the oldest fossil on Earth, a remnant of life from 3.7 billion years ago when Earth's skies were orange and its oceans green.

In a newly melted part of Greenland, Australian scientists found the leftover structure from a community of microbes that lived on an ancient sea floor, according to a study in Wednesday's journal Nature.

The discovery shows life may have formed quicker and easier than once thought, about half a billion years after Earth formed. And that may also give hope for life forming elsewhere, such as Mars, said study co-author Martin VanKranendonk of the University of New South Wales and director of the Australian Center for Astrobiology.

"It gives us an idea how our planet evolved and how

life gained a foothold," VanKranendonk said.

Scientists had thought it would take at least half a billion years for life to form after the molten Earth started to cool a bit, but this shows it could have happened quicker, he said. That's because the newly found fossil is far too complex to have developed soon after the planet's first life forms, he said.

In an outcrop of rocks that used to be covered with ice and snow, the Australian team found stromatolites, which are intricately layered microscopic layered structures that are often produced by a community of microbes. The stromatolites were about 1-4 centimetres high.

It "is like the house left behind made by the microbes," VanKranendonk said.

THE ASSOCIATED PRESS

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Industrial milk price going up once again

FOOD

Second hike in a year likely to affect price of your products

Restaurateurs are crying foul over a second industrial milk price increase this year set to take effect Thursday, which they say will likely lead to higher food prices.

In July, the Canadian Dairy Commission decided to raise the price of industrial milk — which is processed into yogurt, ice cream, cheese and butter — by 2.76 per cent. That's on top of a 2.2 per cent hike that occurred in February.

It's the first time the CDC has increased prices twice in one year since 2008. The latest hike is being introduced because of a "very unique and unexpected situation," Benoit Basillais, CDC's chief of policy and economics, said.

Basillais said the hikes came because producer revenues "decreased rapidly" last fall, in part due to a decrease in global demand from importing countries and changing consumer preferences — and revenues did not stabilize by early spring as anticipated.

Basillais added that the move was intended to be "an advance" of the CDC's Decem-



Industrial milk is going up by 2.76 per cent from Thursday. THE CANADIAN PRESS



That (price hike) has to be passed on to the consumer somehow.

Pierre Cadieux

ber price decision for next year, though he said it's premature to say there will be no increase next year.

While the hike in prices may provide a reprieve for producers, it's likely to put a burden on restaurateurs who must decide whether their customers can stomach higher prices.

It seems likely diners will end up paying more, according to Pierre Cadieux, vice-president of federal and Quebec government relations for Restaurants Canada, a not-for-profit association representing 30,000 businesses in the restaurant and food-service industry.

"That (price hike) has to be

passed on to the consumer somehow," he said. "So, it's reflected in our menu prices. It's reflected in changes to the menu."

The cost of food that consists of industrial milk may increase or restaurateurs may instead remove some menu items, Cadieux suggested. Milkshakes, he said, are the perfect example of an item disappearing as few consumers are willing to pay the price shops charge for the diner staple.

THE CANADIAN PRESS

GLOBAL EXPANSION

Tim Hortons plans to open cafés in Britain

Tim Hortons is continuing its international expansion with plans to open its first full-service coffee shops in Britain.

The company partnered with an investor to establish a master franchise joint venture company that will open the stores in England, Scotland and Wales.

In late July, Tim Hortons announced a similar agreement in the Philippines, which is the brand's first stop in Southeast Asia.

It did not specify how many stores it plans to open in Great Britain or when, but a spokesperson said in an email that it seeks to be a leader in the

market.

Daniel Schwartz, CEO of Restaurant Brands International, said in a statement that the area is an attractive market with a strong and growing coffee culture.

RBI, the parent company of Tim Hortons and Burger King, is looking to grow Tim Hortons globally.

It reported its second quarter earnings earlier this month, which showed the number of Tim Hortons locations increased about three per cent to 4,464 stores in the quarter.

THE CANADIAN PRESS



LABOUR DISPUTE

Canada Post deal called 'peace treaty'

Canada Post and its employees have merely reached a "peace treaty" ahead of the busy holiday shopping season, the Canadian Federation of Independent Business warned, predicting long-term pain for the Crown corporation.

The agency will be forced to confront lost business, a massive pension shortfall and a parliamentary review of its operations in the coming years, it said after Canada Post reached tentative agreements with the Canadian Union of Postal Workers.

In the short term, the agree-

ments will be good news for businesses that had been worried about how they were going to deliver goods to customers as the Christmas period approaches, said CFIB president Dan Kelly.

But a combination of reduced letter volumes, customers lost for good because of the labour strife and the giant pension hole means dark days ahead for Canada Post, he predicted. "This deal will not do anything to fix the long-term problems that the corporation has," Kelly said.

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ROSEMARY WESTWOOD in Vancouver

It's common parlance in harm-reduction circles that every overdose is preventable. By that standard, B.C. is failing dramatically in the face of the fentanyl crisis.

This is the last in Rosemary's three-part series on the major issues facing Vancouver.

Speak to those at the front lines of the unprecedented drug overdoses hitting Vancouver and, if they've been around long enough, the 1990s will come up.

It was a decade of headline-grabbing O.D. deaths, peaking in 1998 when 417 people in B.C. died from illicit-drug overdoses.

But 2016 is shaping up to be far, far worse.

Already, at least 371 people have died in the province, a two-a-day rate that could translate into 800 deaths by year's end. The provincial health officer declared an emergency in April.

The highest-profile culprit is fentanyl, a viciously toxic synthetic opioid detected in 60 per cent of O.D. deaths this year and 86 per cent of drugs at Insite, Vancouver's safe-injection site. It's spreading across the country at an alarming pace.

"2015 was the first year the number, the rate, was above 1998," noted Dr. Jane Buxton, an epidemiologist and head of harm reduction for the B.C. Centre for Disease Control.

"I'm either so angry or so heartbroken," Ann Livingston, a long-time activist with the Vancouver Area Network of Drug Users (VANDU), told me. "I think, Oh my God. We went through this in the '90s, and we lobbied like hell, and we got Insite, so there was some sense of moving forward. And now there seems to be even less action."

Why should death by overdose entail any less federal action than death by poisoned water, for instance?

It's a sentiment that might surprise anyone aware of the growing headlines on opioid overdoses across this country over the last two years, from Alberta's 270 fentanyl-related deaths in 2015, to a recent national investigation by the Globe and Mail, to this week's statement from Ontario police chiefs and community safety groups calling 2016 a

But all this is not enough for Livingston. It's common parlance in harm-reduction circles that every overdose is preventable. By that standard, she says, B.C. is failing dramatically.

Buxton, the epidemiologist, notes that the province is trying to get naloxone into every hospital emergency department and every prison by



People carry a coffin to remember overdose victims, during a procession to mark Overdose Awareness Day in the Downtown Eastside of Vancouver, B.C., on Wednesday. CP

record-breaking year for overdose alerts and warning that fentanyl is a "ticking time bomb."

In response, both B.C. and Alberta have struck overdose task forces, and Manitoba has a fentanyl-awareness task force. The federal government has made naloxone — a life-saving anti-overdose drug — available without prescription nationally. The move is part of Health Canada's "Action on Opioid Misuse" plan, and yesterday, to mark International Overdose Day, the ministry announced it was "moving forward" with a plan to restrict six chemicals used to make fentanyl, citing RCMP reports of "an increase in domestic production" of the drug, which is also made in China and shipped into Canada.

the end of the, but Livingston believes such measures don't go far enough to combat a "perfect storm."

In her eyes, the explosion of fentanyl and related deaths is a symptom of ineffective drug, homelessness and policing policies. She cites insufficient or ineffective recovery programs; a clamp-down on opioid prescribing that drives those with addictions to street drugs; and lower welfare support for the homeless, which she argues leads greater numbers of drug users into jails, and thus raises their risk of post-release overdose.

And she blames the dearth of legal, publicly accessible safe-injection sites like Vancouver's Insite, still the only such facility in North America — a legacy of the Harper govern-

ment, which fought the site all the way to a loss at the Supreme Court, and then legislated onerous rules that have curtailed efforts to duplicate Insite, and its undisputed public-health success, elsewhere.

Judging by the Liberal government's messaging, that could change. A year ago, on a campaign stop in Vancouver, Justin Trudeau told a crowd, "I certainly want to see more safe-injection sites opened around the country." In March, his health minister, Jane Philpott, told the CBC, "Sites like Insite in Vancouver and others like them have the possibility to save countless lives."

But possibility and reality are miles apart. And possibility is where many proposed sites — in Victoria, in Toronto, and five more in Vancouver — remain. While Canadians continue to die at alarming rates, the Liberal government has given no indication that undoing the Conservative legislation is a priority.

It is hard to view that as anything other than heel-dragging. Fentanyl is sweeping across the country like a disease outbreak, except those being killed are drug users, their deaths muted by stigma and prejudice.

"You know what will speed this up, I think?" Livingston told me. "Parents of kids who've died need to sue, right away. I tell ya, I would. Because it's part of this awful stigma. If you're a drug addict, you're supposed to be so ashamed of yourself that your life doesn't matter."

B.C. is already calling the fentanyl crisis what it is — a public-health emergency — and Ottawa needs to follow suit. Why should death by overdose entail any less federal action than death by poisoned water, for instance?

"We shouldn't have to wait," Livingston said, "while they fiddle and faddle and argue, or whatever the hell they're doing, while our kids die."



E-sports: Where women don't have to be scrubs



Samantha Emann
Metro | Toronto

The next big thing in arts and entertainment is competitive video-gaming. You might not realize it yet, but you soon will.

The biggest tournaments in "e-sports" — competitions involving games like League of Legends, Starcraft 2 and Counter Strike: Global Offensive (CS:GO) — draw audiences comparable to those of major mainstream sporting events. By 2019, according to market research, it will be a billion-dollar business, which is what the NHL was in about 1998.

Count on it: E-sports is going to be making people rich and famous. Women make up about half of non-pro gamers in North America, and women gamers have none of the physical disadvantages that have kept them out of traditional pro sports. Competitive gaming should be the first big-time sport in which men and women share equally in the glory and spoils.

But, right now, sponsors, advertisers and other stakeholders in the e-sports business are not looking at women as a viable demographic, either as players or consumers.

A woman in e-sports is "a small fish in a very large pond — a fish in a shark tank," said Laure Guilbert, a former manager for Team YP, which has teams competing in games like Street Fighter and League of Legends. She says the business side of the e-sports community needs to play catchup.

"There are not a lot of sponsors that are putting forward women as professional gamers," she said. "We can't force tournaments to include them if there are no teams to be included."

Stephanie Harvey is a Can-

adian and a five-time world champion in the popular team shooter CS:GO. She co-founded of Missclicks, an advocacy organization for women in e-sports and geek culture.

While all players face some taunting, she said, the abuse directed at women is different in that it's often about looks and sexuality, rather than skill and gameplay.

"Women are targeted even if there is no reason for them to be targeted," Harvey said. "For a man, he needs to have done something (in game) to be targeted. For women, just me being there."

This industry has already broken barriers and overcome stereotypes. It wasn't long ago that gamers were assumed to be white, male, heterosexual slackers who were socially inept and lived on a diet of Doritos and Mountain Dew. Now gaming's most recognizable celebrities are more diverse, and people of many different races, backgrounds and sexualities are represented.

As an avid gamer myself, I have so much respect for people like the proud geeks of missclicks, who show that women, who have always had a part to play in the gaming community, will continue to fight for their rightful share of this industry and its expanding rewards.

I have had many a ranking marathon and encountered my fair share of trolls but I look forward to being a part of the progress and growth of this burgeoning scene. We were there in the Dorito Dark Ages and we'll be there in the E-Sports Night in Canada future.

Samantha Emann (samantha.emann@metronews.ca) is a Metro copy editor and co-host of Scrub League, an e-sports podcast. Hear it at metronews.ca/podcasts

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Just a man trying to pay the bills



Stan Lee says he has a bad memory — that's why he employed alliteration to his characters' names like **Peter Parker**, **Matt Murdoch** and **Bruce Banner**, he tells Metro. GETTY IMAGES

FAN EXPO

Artist Stan Lee reflects on his remarkable career, legacy

Richard Crouse
For Metro Canada



Despite laying the foundation for the wildly popular Marvel Universe, Stan Lee says he is no superhero specialist.

"I'm not an expert of any sort," says the 93-year-old on the line from his Los Angeles office.

"I really try to think of stories that I myself would like to read. I never try to write for a certain segment of the readership. I write for myself and I hope that I'm not that unusual. If I like it other people might also like it."

When it came to naming his characters he had an unusual habit of using alliteration — think Peter Parker, Bruce Banner, Matt Murdoch and Reed Richards — for a very practical reason.

"It's because I have a bad memory," he says. "If I could remember one of the names like Spider-Man, if I could remember his first name was Peter then I knew his second name began with a P. That is

really the only reason. I have a terrible memory for names and by making the first and second letter the same, if I thought of one name I had a clue as to what the other was."

Lee, who will appear at Fan Expo in Toronto this weekend in what is being billed as his last Canadian appearance, enjoys superstar status. But he is humble when asked about his legacy. "I didn't go out of my way to be enduring," he says.

In fact, when he began writing comic books over 70 years ago, "I was just hoping that somebody would buy them so I could keep my job and be able to pay the rent. In a million years I wouldn't have thought I'd be travelling around the country, talking to people like you about the comics."

"I just hope that maybe I brought some enjoyment to people, and they enjoyed reading the stories."

And they have. Bolstered by passionate fans — or True Believers as Lee calls them — support for Lee's work has endured in the form of movies, video games, books and on hundreds of comment boards where aficionados pit superhero against superhero in epic

I think of myself as being like Tony Stark because he's glamorous and intelligent and handsome
Stan Lee

make-believe battles and argue over who would emerge victorious. Lee, however, claims he doesn't have a preferred character.

"People expect me to have a favourite," he says, "so I always say Spider-Man because that's what they expect. I'm really not good at favourites. I really love them all."

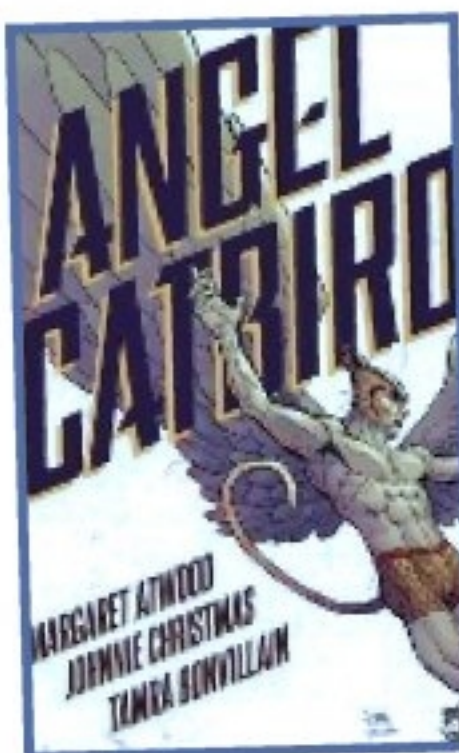
So out of Spider-Man, Hulk, Professor X or any of the other 300 or so characters he created, who does he most relate to?

"Of course I think of myself as being like Tony Stark because he's glamorous and intelligent and handsome," he laughs.

"But seriously I think there is a little bit of everybody in all these characters. I think that's why they seem to be popular. I tried to give them all hang-ups and weaknesses. None of them are really perfect. They are just like regular people, I hope."

INTERVIEW

Atwood isn't worried about diversity in comic books



Melita Kuburas
Metro | Canada



In Margaret Atwood's new graphic novel series Angel Catbird, even the hero's pants have an origin story.

Choosing from a selection of six bottoms, as illustrated by Johnnie Christmas, the author settled on a feathery brown pair with a red waistband: "Very simple; leathery; attractive," Atwood tells Metro.

In the comic, set for release Sept. 6., the title character's alter-ego Strig Feleedus receives the pants as a gift from his love interest and fellow part-cat-part-human, Cate Leone.

"It's the Superman problem: where does he get the outfit? Does he have it on all the time, under his suit? So we went with an origin story for the pants. All of these things have to be considered because inquiring minds will ask," Atwood says about the level of detail required when putting together the series, which will see Vol. 2 released in February.

Angel Catbird is a superhero with a conflicted identity — when he sees a chick threatened by a cat, he places it back in the nest rather than join in on the pounce.

In a partnership with Nature Canada, the book is peppered



with statistics on the dangers outdoor cats face, as well as how they contribute to bird deaths and the environmental impact of declining songbird populations.

Atwood has long been a fan of comics, especially ones with a message — even Walt Kelly's Pogo was political in its day, she says.

"There's a classic from the '90s called Blacksad, it's a cat

and he's a noir detective...it's quite wonderful but it's about race politics in the States," she says.

Now, the genre is more diverse than ever, and niche audiences are helping give rise to "really complex, interesting, immersive stories," she says.

Strong female characters are being increasingly represented in the community, and they're given storylines that are more racy than those in the mainstream Marvel universe.

"There's one called Lady Killer, which is a '50s housewife who doubles as an assassin. It's pretty funny. Then there's one called

Bitch Planet," says Atwood.

Atwood was impressed with this diversity when she attended San Diego Comic Con in July (she is also slated to attend Fan Expo Canada on Saturday.)

"What we're having in comics is what happened in television a while ago, and in books probably around the turn of the century or earlier," she says.

If there is a void, it's being filled very quickly, she adds. There are comic publishers devoted entirely to LGBTQAI themes.

"There's one called Mama Tits Saves the World, in which Mama Tits is a drag queen. But she doesn't have a back story yet so I'd like to hear the back-story of how Mama Tits became Mama Tits."

The trickle-down effect of sexual assault cases

THE BEST KIND OF PEOPLE

High-profile affairs in the media inspire crime novel

Sue Carter
For Metro Canada



If there is any glimmer of a bright side to be found in high-profile sexual assault stories such as Jian Ghomeshi's trial and the accusations against Bill Cosby and former Fox News chairman Roger Ailes, it's that discussion about rape culture and consent has opened up in an unprecedented way.

But one conversation that rarely gets touched in the media frenzy is the effect these crimes have on the families and loved ones of the accused. That sensitive subject is at the heart of award-winning Toronto author and poet Zoe Whittall's provocative new novel, *The Best Kind of People*.

Set in a sleepy Connecticut town, George Woodbury — local hero and perennial winner of the teacher of the year award — is charged with sexual misconduct and attempted rape of several students at his school, where his daughter Sadie also attends. As the story shifts perspectives, Whittall goes deep inside the heads of Sadie, her brother Andrew, and George's wife Joan, as they struggle to both defend their family's patriarch and their growing doubts over his innocence.

The genesis of the novel came in 2009 when Whittall was listening to an interview on CBC Radio's *The Current* about a support group for women who decide to remain with partners

convicted of sex crimes.

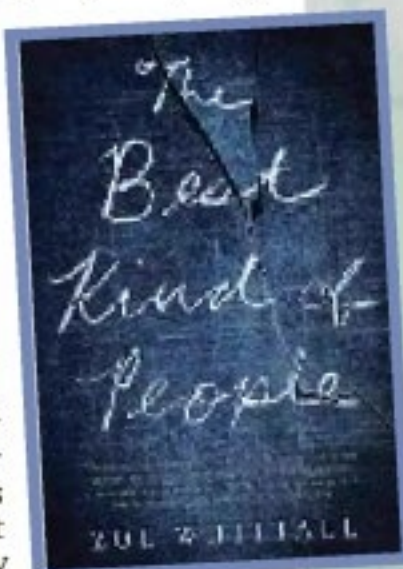
"I was completely occupied by the idea that anyone would want to stay with someone through such a thing," she says. Initially, Whittall wanted Joan to be fully aware of her husband's crimes, but as the story evolved, she decided to complicate the emotional plotline by having the character deal with questions over her husband's story and her mixed feelings about staying with him.

Whittall says that when she started writing the first draft it was tough for her to have empathy for Joan, but in the end it was Sadie's character that proved to be the biggest challenge.

"Talking to teenagers and parents of teenagers now, they're so much more sophisticated than I was at that age, and the idea of consent has changed so much since then," she says. "It was really interesting to write Sadie and accurately portray the confusion she would be feeling, and the level of knowledge and intelligence she would have."

Like so many others, Whittall was "absolutely glued" to the coverage of the Ghomeshi and Steubenville High School assault trials, but was careful not to dominate the narrative with her own opinions.

"There were a number of drafts where I was just blurt-ing it all out. The heavy-handed 40-year-old feminist voice in my mind would come out and



Toronto author and poet Zoe Whittall says she was "absolutely glued" to the coverage of the Ghomeshi and Steubenville High School assault trials. HANDOUT

I'd have to pull back and say, 'That's me,'" Whittall says. "I tried to develop those characters so they'd be realistic and different from each other and not didactic in any way."

Ultimately, *The Best Kind of People* does not offer any easy solutions or lessons, and its twisted but ambiguous ending is a reminder that for the

Woodbury family and others, the story doesn't die once the media loses interest.

"There's an interesting quality of 'life goes on,'" says Whittall. "It's very strange, and very human."

Sue Carter is the editor at Quill & Quire magazine.



JOHANNA SCHNELLER
WHAT I'M WATCHING

Finally, a fun perfume ad



Margaret Qualley, the star of the new Kenzo World commercial, moves in spastic ways meant to defy pretty. CONTRIBUTED

THE SHOW: Kenzo World commercial (YouTube)

THE MOMENT: The look into the camera

A beauty in a green gown (Margaret Qualley, *The Leftovers*) excuses herself from a dull dinner and steps into a grand hallway (it seems to be Manhattan's Lincoln Center). She wipes away a tear. Then her eyes lock onto the camera. Intoxicating music (Sam Spiegel) begins to play. And she's off.

For three minutes, Qualley kicks, punches, twitches, shakes and prances. She makes faces in mirrors, dominates a man on his cellphone, shoots lasers from her fingers. Finally she leaps outside, flies through a huge eye made of flowers, and pounds her chest like Tarzan.

If Kenzo's dictum to this spot's director, Spike Jonze (*Her*), and its choreographer, Ryan Heffington (*Sia's Chandelier*), was, "Expensive but rebellious," they got their money's worth. Interestingly, we never see the perfume. More interesting: There's no suggestion

of romance or seduction.

Typically, perfume ads imply, "Wear this to win him." But a growing number of spots feature women who are fiercely solo: Charlize Theron striding Versailles in a J'Adore Dior ad by Jean-Jacques Annaud (*Seven Years in Tibet*). Keira Knightley running away from suitors in two Coco Mademoiselle spots from Joe Wright (*Atonement*). Pixies bowling with bottles of Chance.

Qualley, who's 21 (deliberately young for a spokesmodel), out-rocks them all, with contorted expressions and spastic movements meant to defy prettiness. That look she gives the camera (Jonze used the same device in his 2001 video for *Weapon of Choice*, with Christopher Walken) stakes her claim: No male gaze here. She's wild, she's free, and if she wears World, it's for herself.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Project overview

If mowing the lawn is not your thing, then maybe a move eastward is just the ticket — to life in the planned community of Emerald Hills Urban Village in Sherwood Park. Eton Park Estates is part of this dynamic neighbourhood—a modern, open-concept development that is affordable and bursting with amenities.

Housing amenities

With open concept floor plans—17 in all—the suites of Eton Park Estates maximize functionality in a modern space. Suites feature stainless steel appliances, granite countertops, laminate floors, tile bathroom flooring and private balcony/patio space. There's also a spacious lobby and fitness room for residents to enjoy.

Location and transit

Eton Park Estates is just 20 minutes from downtown, and sits within a 50-acre area of the Emerald Hills subdivision. The Yellowhead Highway is just north, allowing easy access to downtown work and school. Clover Bar Rd. and Sherwood Dr. are nearby major thoroughfares with transit to the heart of the city.

In the neighbourhood

Public, private and commercial space are integrated into a pedestrian-friendly mixed-use community, great for students, singles, families and seniors. Shopping, dining and recreation are part of the mix, as is seven acres of lush parkland and kilometres of walk/bike trails. The larger subdivision has services and schools.

LUCY HAINES/FOR METRO

+ ALL YOU NEED TO KNOW ...

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Location: Emerald Hills, Sherwood Park
Sizes: 755 square feet to 1,330 square feet.
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Status: Now selling
Sales centre: Suite 108, 5001 Eton Blvd. Sherwood Park
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Website: etonpark.ca

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Following the lead of the World Anti-Doping Agency, the NHL has added meldonium to its list of banned substances



MLB

Blue Jays take 2 out of 3 against Orioles

Jose Bautista homered on the game's first pitch and Russell Martin went deep four batters later in support of Aaron Sanchez, leading the Blue Jays to a 5-3 victory over the Baltimore Orioles on Wednesday night.

Toronto took two of the three games in the pivotal American League East series. The fading Orioles are four games behind the first-place Blue Jays and are tied with Detroit for the second wild-card spot.

Sanchez (13-2) was recalled from Class-A Dunedin to make the start. He spent 10 days in the minors to limit his innings and he took advantage of the

In Baltimore

5	3
BLUE JAYS	ORIOLES

extra rest. Sanchez allowed an unearned run and five hits with two strikeouts over six innings and a season-high 112 pitches.

Michael Saunders hit his 23rd homer, a solo shot in the eighth that made it 5-1.

Jonathan Schoop hit a two-run home run in the bottom of the ninth to cap the scoring.

THE ASSOCIATED PRESS



Ricky Ray returned to action Wednesday. TORSTAR NEWS SERVICE

CFL

Last-second field goal sinks Argos

Richie Leone's 30-yard field goal as time expired earned the B.C. Lions an exciting 16-13 win over the Toronto Argonauts on a breezy Wednesday night, spoiling Ricky Ray's return.

Ray was back for Toronto after missing three starts with a knee injury. He opened the game impressively, completing his first 14 passes.

But it was B.C. quarterback Jonathon Jennings who marched the Lions 61 yards on 10 plays, setting up Leone's game-winning

In Toronto

16	13
LIONS	ARGOS

boot. Jennings finished 20 of 29 passing for 188 yards and an interception.

Ray was 24 of 29 passing for 213 yards, with a TD and interception before an energetic gathering of 17,509. THE CANADIAN PRESS



MLB A GRAND SALAMI AND AN ICE-COLD DRINK Carlos Gomez is showered with Powerade after the Texas Rangers beat the Seattle Mariners 14-1 on Wednesday in Arlington, Texas. Rougned Odor homered twice one day after hitting a game-ending shot and Gomez connected for a grand slam off Mariners starter Felix Hernandez as the Rangers completed a three-game sweep. Texas has an American League-best record of 80-54. TOM PENNINGTON/GETTY IMAGES

Raonic suffers major upset in 2nd round

U.S. OPEN

Big serve lets Canuck down as he's ousted

Milos Raonic didn't have his main weapon ready to bail him out at Flushing Meadows.

The fifth-seeded Raonic crashed out of the U.S. Open in the second round Wednesday, losing 6-7 (4), 7-5, 7-5, 6-1 to Ryan Harrison, a qualifier from the United States ranked only 120th.

Raonic had problems hold-

ing serve, usually a strength for the six-foot-five Canadian, and double faulted 15 times. Raonic looked defeated after Harrison broke for the fifth time to win the third set.

"I didn't serve well to start this tournament and that's normally my go-to that can keep me out of situations," said Raonic.

"I think that added a little bit more (stress) than I normally have to deal with and I think that caught up to me throughout that match."

The American broke Raonic seven times on 18 chances to

improve to 2-1 in the career head-to-head series between the players.

Raonic still managed to fire 18 aces. But he also made 66 unforced errors to Harrison's 33 and only converted three of 19 break-point opportunities.

The product of Thornhill, Ont., didn't feel 100 per cent for most of the match. He said it was more than just some cramping that altered his play.

"Numerous things — left arm, right forearm towards the end of the third set, both quads, hip flexor on the left," said Raonic.

"Really painful cramps started to pass in the third set but then I got small ones where I couldn't hold the racket and switch grips from one shot to the next."

Harrison will face Marcos Baghdatis of Cyprus in the next round.

With Raonic's unexpected early exit, there are no Canadians left in the singles draws.

Earlier in the day, Vancouver's Vasek Pospisil was eliminated after a 7-6 (3), 6-4, 6-4 loss to 23rd-seed Kevin Anderson of South Africa.

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3	7	2	8	6	4	1	5	9
7	2	9	3	1	6	8	4	5
4	6	1	5	7	8	9	3	2
5	3	8	4	2	9	7	1	6

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EUROPEAN SOCCER TRANSFER DEADLINE ROUNDUP

Balotelli headed to France
Liverpool has off-loaded Mario Balotelli to French club Nice, two years after signing the troubled striker.

Wilshere to join Cherries
Jack Wilshere has left Arsenal for a season-long loan to Bournemouth in a bid to revive an injury-stalled career.

Chelsea secure left flank
Fiorentina says it has sold left back Marcos Alonso to Chelsea for a reported 23 million pounds (\$30.2 million).

Luiz back to the Bridge
David Luiz is set to return to Chelsea under new coach Antonio Conte after two years at Paris Saint-Germain.

Man City loan out trio
Manchester City's clear-out after an off-season of heavy spending has seen striker Wilfried Bony (Stoke) join

Joe Hart (Torino) and Samir Nasri (Sevilla) in going out on loan from the English club.
THE ASSOCIATED PRESS



The Oct. 16, 2012 match at Estadio Olimpico Metropolitano was a nightmare for Canada Soccer. ESTEBAN FELIX/THE ASSOCIATED PRESS

Canada returns to Honduras haunts

WORLD CUP QUALIFIER

Les Rouges attempting to exorcise ghosts of 8-1 pasting

Nearly four years on from a spectacular humiliation, Canada's men's soccer team returns to Honduras with its World Cup qualifying hopes once again hanging in the balance.

Canada needed just a tie with Honduras at the Estadio Olimpico Metropolitano on Oct. 16, 2012 to advance to the final round of CONCACAF qualifying for the 2014 World Cup. Instead they capitulated in spectacular fashion, losing 8-1 in a historic setback for the Canadian men's program.

Once again, Canada is in position to qualify for the final round, known as the hex. The Canadians take on Honduras on Friday before returning home to host El Salvador at BC Place in Vancouver to conclude the penultimate round.

"It's probably the biggest game since the last time we said this four years ago against Honduras so it's massive and it's just about

getting the three points," defender/midfielder David Edgar said. "It's going to be a vicious atmosphere ... it's just about getting our heads down and getting on with it."

Head coach Benito Floro took the reins full time in 2013 after Stephen Hart's resignation following the 8-1 debacle.

With Honduras expected to be buoyed by the home field advantage, this will be the ultimate test of Floro's team's three years of work.

Everything about playing in Honduras is intimidating. It's hot, and when it rains it can come in buckets. Organizers have scheduled the game for the middle of the afternoon to maximize the blistering Central American sun.

With Friday being an unofficial national holiday, upwards of 40,000 fans could pack the stadium early and down the Canadians' backs.

But where there's hostility, Edgar sees possibility.

"They're a very good crowd but they also had a lot to cheer about last time," he said. "If we score away or in any part of the game they can get on the home team's back just as easily."

THE CANADIAN PRESS



Canada striker Cyle Larin and head coach Benito Floro.

ALFREDO ESTRELLA/AFP/GETTY IMAGES

CFL

Riders criticized for Mitchell signing

The Roughriders have signed controversial defensive lineman Khalif Mitchell to their practice roster, drawing criticism from Canadian Jewish organizations.

Mitchell hasn't played since being released by the Montreal Alouettes in June 2015, a month after he was fined for violating the CFL's social media policy with anti-Semitic posts on Twitter, which included a link to a Holocaust denial video.

At the time, he apologized in a joint statement by the CFLPA and B'nai Brith Canada, saying it was "a learning moment for me."

Mitchell agreed to work with B'nai Brith, a Jewish human rights organization, to "educate myself about this and other human rights matters."

Shimon Koffler Fogel, CEO



Khalif Mitchell

GETTY IMAGES

of the Centre for Israel and Jewish Affairs, said Wednesday there is no evidence Mitchell has learned from his mistakes.

"We are deeply troubled that Mitchell is continuing to spread messages of hate against the Jewish people," he said in a statement. "Clearly, Mitchell has not learned from his past mistakes. We have engaged with the CFL and the Saskatchewan Roughriders and they have assured us they are investigating."

The CJA included screenshots of several recent retweets from Mitchell that it deemed troubling.

THE CANADIAN PRESS

NCAA FOOTBALL

FSU receiver gives lonely kid a friend

For one day, a mother says, she didn't have to worry about her autistic son eating lunch by himself.

A small gesture of kindness by Florida State University wide receiver Travis Rudolph — captured in a photo and shared on Facebook — had tears streaming down the face of the sixth-grader's mother, Leah Paske.

"I'm not sure what exactly made this incredibly kind man share a lunch table with my son, but I'm happy to say it will not soon be forgotten," she wrote. "This is one day I didn't have to worry if my sweet boy



Travis Rudolph

GETTY IMAGES

ate lunch alone."

Rudolph was among several FSU players visiting a middle school in Tallahassee Tuesday when he saw Bo Paske sitting alone in the cafeteria, grabbed a slice of pizza and asked if he could join him.

"We just had a great conversation," Rudolph said. "It was real easy ... he had a nice smile on his face. Just a really warm person."

THE ASSOCIATED PRESS



IN BRIEF

More NCAA concussion lawsuits filed in Chicago

The latest round of class-action concussion lawsuits against the NCAA and major college football conferences were filed by former college football players from Florida State, Miami, Florida, Mississippi State, Kentucky, Louisville and Murray State.

The lawsuits were filed in federal courts Wednesday by Chicago-based attorney Jay Edelson. The seven lawsuits increase the total number to 22 filed since May.

Wheeler gets Jets' 'C'

Blake Wheeler's 30th birthday presents included a "C" on his Winnipeg Jets jersey.

Wheeler, a veteran of eight NHL campaigns, was named captain of the Jets on Wednesday after three seasons as an alternate.

He takes over from Andrew Ladd, who was traded to Chicago in February and then signed with the New York Islanders earlier this summer.

THE ASSOCIATED PRESS

RECIPE Thai Chicken Curry



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Can

Give takeout a rest and whip up your own Thai-style curry, rich with coconut and peanut butter.

Ready in 35 minutes

Prep time: 5 minutes
Cook time: 30 minutes
Serves 4 to 6

Ingredients

- 3 Tbsp vegetable or coconut oil
- 3 Tbsp curry paste
- Pinch ground cumin and ground coriander
- 1 1/2 cups (350 ml) coconut milk
- 1 1/2 lb (750g) chicken thighs or breasts, cut into chunks
- 2 Tbsp sugar
- 2 Tbsp fish sauce
- 1 Tbsp lime leaves (optional)
- 2 Tbsp peanut butter
- Pinch salt

- Fresh coriander, chopped
- Lime wedges, to serve

Directions

1. Heat oil in large frying pan. Fry curry paste and spices for a couple of minutes.

2. Add 1/3 of the coconut milk and reduce the heat. Add the chicken and stir until the spices and milk combine.

3. Add the remaining coconut milk then stir in the sugar, fish sauce and lime leaves. Bring the sauce to the boil, simmer for a few minutes then add the peanut butter and salt.

4. Simmer 20 minutes. Garnish with the chopped coriander and serve with the lime wedges.

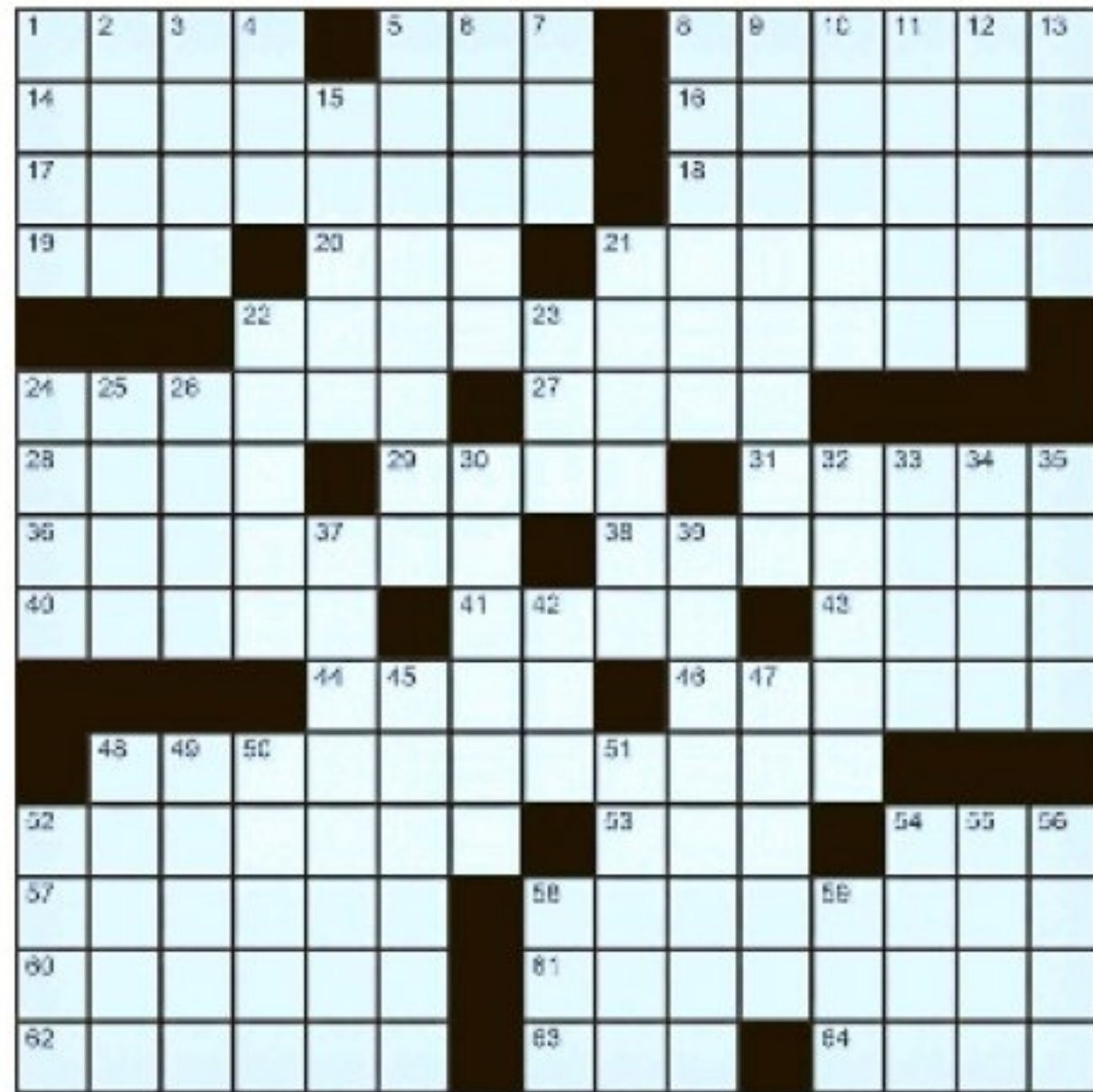
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Small amount that'll do ya: 2 wds.
- Big hurricane, 5
- Diving-into-water sight/sound!
- Canadian sports-caster Brian
- Prophet
- Maxwell House is good to the what?: 2 wds.
- Ancient inhabitant of Crete
- ...Caps (Candy)
- Payer's pledge
- Anthony Hopkins/Emma Thompson movie, The _ of the Day (1993)
- Canada's brand new AM show on CTV: 2 wds.
- Director/producer J.J.
- Emulate Tyra Banks
- Shakespearean King
- Real
- Satisfies
- Birthplace of Jesus' Bible follower Mary
- Capture in a trap
- Also, in Abitibi
- Well-... (Wealthy)
- Corn lily
- Winnebago owner, informally
- Bathroom bowls
- Mary-Louise Parker starred in the 2007 movie version of this 1993 Margaret Atwood novel, with The: 2 wds.
- Describes, as



- a journalist
- Chicken _ _ King
- Stinker
- Do the opposite of #49-Down: 2 wds.
- Hidden trap activator: 2 wds.
- _ populaire (Type of financial institution, such as in Quebec)

- Movie milieus
- EDM pianos
- Weep
- _ Squad (Best Buy's techie support providers)

DOWN

- Cobbler's hand

- tools
- Gorillas in the Mist (1988) true-life character Ms. Fossey
- Moreover
- Caf' sandwich
- Quaint amusement park ride
- Stevie Wonder's My Cherie _

- Sugar amt.
- Three's Company star Suzanne
- State of being strait-laced
- Hawaiian-style veranda
- Q. "What's the Loonie?" A. "Why, it's _ of Canada!"

- 'Phat' for Fantastic
- Rhyming animals for Affleck and Stiller
- 'Burn the midnight oil', for example
- Securely settled in soil
- Grass sods locations
- US hwy. speed
- City in Quebec
- Boyfriend
- Car washing needs
- Provides food at wedding receptions
- Fennel-like flavour
- Cab
- One of The Waltons
- Navigated waters
- Perfect a celebrity's image
- Hereditary titles class
- Sphere
- Chevrolet sports cars, e.g.
- Conform
- Clear debt
- Choose to partake: 2 wds.
- Hike up
- Less common
- Birds of myth
- Have a meal
- Compel
- Escritoire
- QVC equivalent in Canada
- Hairpiece

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Things might be dicey when dealing with bosses at work today. Knowing this ahead of time, don't make an issue of things. You cannot push the river.

Taurus April 21 - May 21
Parents will have to be patient with kids today. (Sometimes it's all a bit much.) Likewise, romantic partners will have to be patient with each other. (Again, it's a bit much.)

Gemini May 22 - June 21
Someone in a position of authority might block your wishes today, especially regarding family issues. Don't make a big deal about anything. It's not worth it.

Cancer June 22 - July 23
Avoid arguments with others, especially with siblings, relatives and neighbors. It will be hard for you to stick up for yourself, because others are intimidating today.

Leo July 24 - Aug. 23
Financial squabbles are likely today. Don't go up against others, especially if they have authority or power. Keep a low profile.

Virgo Aug. 24 - Sept. 23
Today is somewhat restrictive and possibly even depressing. This is why you want to break free from your rut but feel you cannot. Easy does it. Wait till tomorrow!

Libra Sept. 24 - Oct. 23
It seems others just get in your way today, no matter what you do. Naturally, you feel frustrated. Nevertheless, be courteous.

Scorpio Oct. 24 - Nov. 22
Group plans or an interaction with a friend will be stymied today, possibly because of financial limitations. You can't win them all.

Sagittarius Nov. 23 - Dec. 21
You cannot escape the duties and responsibilities that others demand of you today, even though you don't want to deliver. Just suck it up and face the facts.

Capricorn Dec. 22 - Jan. 20
Authority figures related to politics, religion or the government might be challenging. Toe the line.

Aquarius Jan. 21 - Feb. 19
You have to pay your dues and carry your fair share when it comes to group activities. This might seem onerous; however, it is what it is.

Pisces Feb. 20 - March 20
Relations with parents and bosses are dicey today, because they will interfere with what you want to do. The fact is, you cannot get your way. However, this is just a temporary setback, because tomorrow is a fabulous day!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	3	8	1	6	4	9	5	
	7	9				1	3	
		1	2		8	4		
4				1				5
		5	7		3	8		
	9	6				2	1	
	1	7	5	9	2	3	4	

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750ml



\$8⁹⁵
ea

Apothic Red
750ml



\$9⁹⁵
ea

Royal
Reserve
Rye
750ml



\$17⁹⁵
ea

New
Amsterdam
Vodka
750ml



\$17⁹⁵
ea

Bacardi
White Rum
750ml



\$18⁹⁵
ea

Captain
Morgan
Spiced Rum
750ml



\$19⁹⁵
ea

Drummond Premium
Lager 15 Pack Cans



\$10⁹⁵
ea

Boxer Hard Root Beer
6 Bottles



\$9⁹⁵
ea

Twisted Tea
18 Pack Can



\$29⁹⁵
ea

Black Ice, Brava, Lucky Extra
15 Pack Can



\$14⁹⁵
ea

Corona
12 Bottles



\$22⁹⁵
ea

\$26⁹⁵
ea

Molson Pilsner,
Lucky, Old Milwaukee
24 Pack Can



\$36⁹⁵
ea



Budweiser,
Kokanee,
Canadian
24 Pack Can

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Sept. 1
Sept. 2
Sept. 3
Sept. 4
Sept. 5
Sept. 6
Sept. 7
Sept. 8
Sept. 9
Sept. 10
Sept. 11
Sept. 12
Sept. 13
Sept. 14
Sept. 15
Sept. 16
Sept. 17
Sept. 18